

Once

拍數: 72 牆數: 2 級數: Intermediate waltz
編舞者: Magali Bérenger (FR) - January 2017
音樂: Once - Maren Morris : (Album: Hero)



Intro 24 counts. Start the dance on the first « we » (darling we, we were too gone.to save...)

SCT 1 : Twinkle, Fwd, 1/2 Turn, Together

1 - 2 - 3 Step RF fwd diagonally (10:30), Step LF next to RF, 1/4 turn R stepping RF next to LF (1:30)
4 - 5 - 6 Step LF fwd (1:30), 1/2 turn L stepping RF back (7:30), Step LF next to RF

SCT 2 : Back, Together, Cross, Scissor step

1 - 2 - 3 Step RF back, Step LF next to RF, Cross RF over LF squaring 9:00
4 - 5 - 6 Step LF on L side, step RF next to LF, Cross LF over RF

SCT 3 : Modified rocking chair 1/8 turn, Sweep 1/4 Turn L

1 - 2 - 3 Rock RF fwd diagonally to 10:30, Recover on LF, Rock RF back
4 - 5 - 6 Recover on LF facing 9:00, 1/4 turn L sweeping RF towards 6:00 (counts 5-6)

SCT 4 : Cross, Side square, Behind, Side rock, Together

1 - 2 - 3 Cross RF over LF, Step LF on L side squaring 6:00, Cross RF behind LF
4 - 5 - 6 Rock LF on L side, Recover on RF, (TAG HERE ON WALL 7) ,Together on LF

RESTART HERE ON WALL 5

WALL 7 : After the Tag, skip scts 5,6,7,8, Afterstart at sct 9

SCT 5 : Fwd, Together, Fwd, Hitch, Rock back

1 - 2 - 3 Big Step RF fwd, Step LF together, Step RF fwd
4 - 5 - 6 Hitch Left knee up, Rock back on LF, Recover on RF

SCT 6 : 1/4 turn Rock, Sway, 1/4 turn, Full turn

1 - 2 - 3 1/4 turn R with a Rock LF on L side (9:00), Recover on RF, Sway left hip on L side
4 - 5 - 6 1/4 turn R stepping RF fwd (12:00), 1/2 turn R stepping LF back , 1/2 turn R stepping RF fwd

SCT 7 : Fwd basic, Back, Drag, Touch

1 - 2 - 3 Step LF forward, Close RF next to LF, Step LF in place
4 - 5 - 6 Step back on RF, Drag LF, (prep.1/2 turn : turn shoulders to the right) Touch RF with LF

SCT 8 : Fwd, Sweep 1/2 Turn, Cross, Side rock

1 - 2 - 3 Step LF fwd, 1/2 turn L sweeping LF on 2-3 (6:00)
4 - 5 - 6 Cross RF over LF, Rock LF on L side, Recover on RF

SCT 9 : Big step Diagonal, Drag, Side point

1 - 2 - 3 Big step LF fwd diagonally towards 7:30(at the same time, raise up right arm), drag RF to LF
, Touch LF with RF
4 - 5 - 6 Point RF on R side bending left knee (at the same time let right arm fall down, palm facing the
floor), Hold (5-6)

SCT 10 : Square back, Drag, Hook, Fwd, Rondé 1/4 Turn

1 - 2 - 3 Step back on RF squaring 6:00, Drag LF to RF, Hook LF
4 - 5 - 6 Step LF fwd , Hitch Right knee with 1/4 turn L (3:00) on 5-6

SCT 11 : Cross, Side Rock, Fwd, Rock fwd

1 - 2 - 3 Cross RF over LF, Rock LF on L side, Recover on RF
4 - 5 - 6 Step LF fwd, Rock RF fwd, Recover on LF

SCT 12 : Full turn, Twinkle

- 1 - 2 - 3 1/2 Turn R stepping RF fwd (9:00), 1/2 turn R stepping LF back (3:00), 1/4 turn R stepping RF next to LF (6:00)
- 4 - 5 - 6 Cross LF over RF, Step RF to R side, Step LF next to RF

ON WALL 7 (LAST WALL OF THE DANCE)

~1. TAG : Replace count 6 SCT 4 : 6 = Hold

~2. SKIP a.k.a « AFTERSTART » Once the tag is done SCT 4, go directly to SCT 9 and dance normally sections 9, 10, 11, and sct 12 with the final.

FINAL to end facing 12:00 : SCT 12 : 1/2 Turn, 1/4 Turn Rock, Cross, Side, Drag

- 1 - 2 - 3 1/2 turn R stepping RF fwd (9:00), 1/4 turn R with a Rock LF on L side à G (12:00), Recover on RF
- 4 - 5 - 6 Cross LF over RF, Step RF on R side, Hold

Easier than it looks :-)

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